

TCC - 2026 FITNESS SCHEDULE (updated 2/1/2026)							New Classes	REFORMER CLASSES
							60 Minutes Classes	
							Aqua Classes	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:30am - 8:20am Below the Belt Cari		7:30am - 8:20am Body Conditioning Cari		7:30am - 8:20am Circuit Training Cari				TUESDAY 8:30am - 9:20am - Beginner (Jessica) 9:30am - 10:20pm - Intermediate (Jessica) 10:30am - 11:20pm - Beginner (Jessica)
9:30am - 10:20am Mat Pilates Carrie	9:30am - 10:20am Feel the Beat! Cari		9:30am - 10:20am Essentrics Pamela	9:30am - 10:20am Cardio Sculpt Jeneanne	9:00am - 9:50am Body Blast Tammy			WEDNESDAY 10:30am - 11:20pm - Beginner (Samantha) 11:30am - 12:20pm - Intermediate (Samantha)
10:30am - 11:20am Tone, Balance, and Movement Carrie	10:30am - 11:20am Tai Chi Spenser	10:30am - 11:20am Chair Stretch & Tone Christine	10:30am - 11:30am Corrective & Mobility Anthony	10:30am - 11:20am Fab & Fit Cari	10:00am - 10:50am Stretch Tammy	10:00am - 10:50am Studio Sampler Cari		THURSDAY 10:30am - 11:20am Intermediate (Samantha) 11:30am - 12:20am Beginner (Samantha)
11:00 am - 11:50 am Aqua Fit Jeneanne	11:00 am - 11:50 am Aqua Fit Elvia			11:00 am - 11:50 am Aqua Fit Jeneanne	11:00 am - 11:50 am Aqua Fit Jeneanne	11:00am - 11:50am Zumba® Tricia		
3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia		3:00pm - 4:00pm Chair Yoga Mia	11:00am - 11:50pm Zumba® Tricia	11:00am - 11:50am Aqua Fit Elvia		
				 <p>North Shore Towers Country Club</p> <p>GET THE APP FOR FREE</p> <p>Make it easier for you to connect with the Country Club.</p> <p>Download on the App Store</p> <p>ANDROID APP ON Google play</p>				
6:00pm - 6:50pm Ashtanga Yoga Christine	5:15pm - 6:15pm Israeli Folk Dance Allen	6:00pm - 6:50pm Ashtanga Yoga Christine	5:30pm - 6:30pm Tai Chi/Self Defense Spenser					Policy for Reformer Classes \$15 for each reformer class Reservation opens 8 days in advance. Sign up on the app or call the Front Desk 718-428-5030 Cancellations must be made 4 hours prior to the class time to receive the credit for the class. Late cancellations or no-shows, shall result in the loss of that class.
								Schedule is subjected to change.